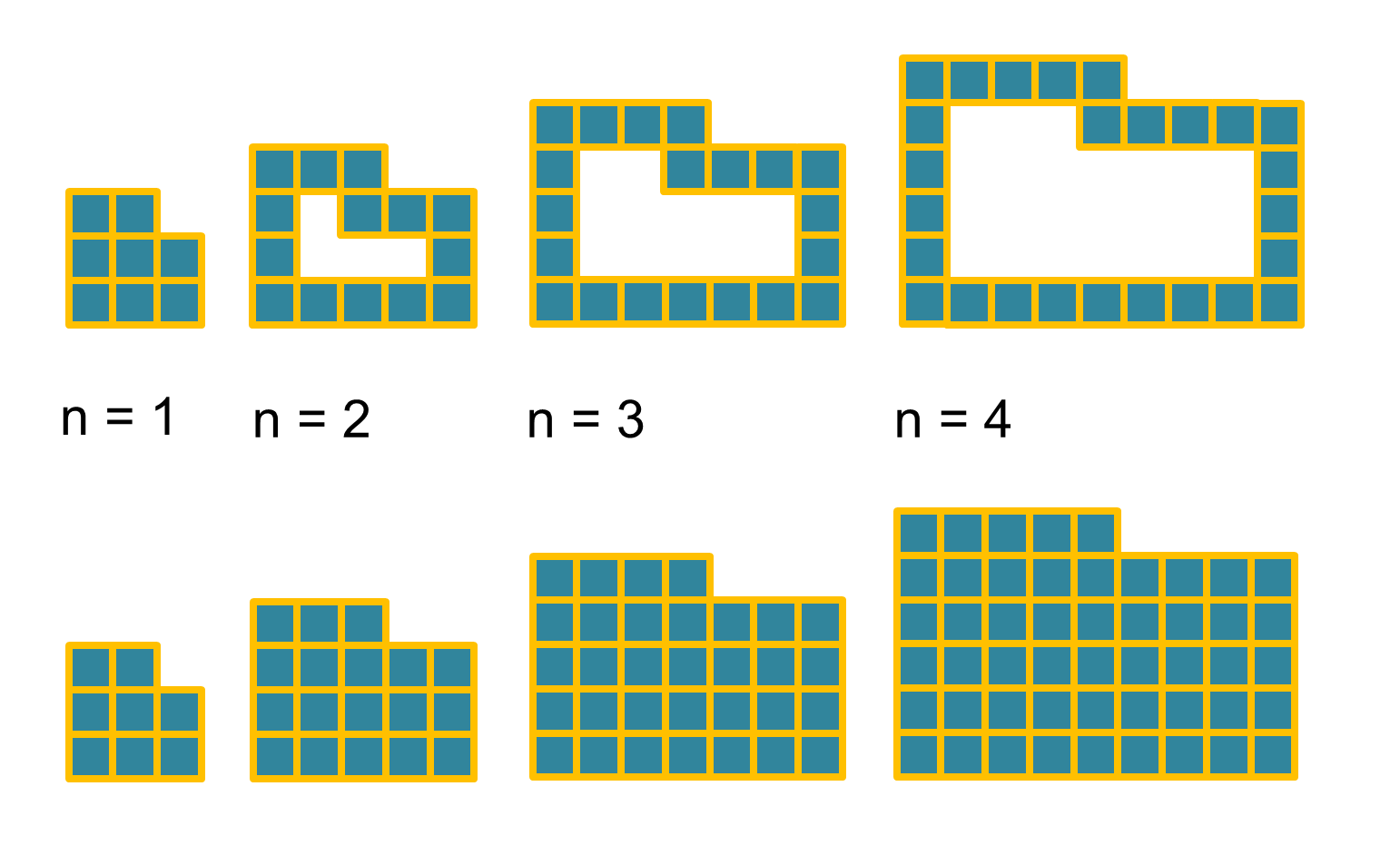
Here are two similar linked patterns:



Can you find a quick way to work out how many squares there are in a given term of these sequences?

**Can you describe any relationships between these two sequences?**